



The Newport

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Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Cloud cover

Firefighters Mike Sra-bian, left, and Adam Peterson, Naval Station Newport Fire Department, enter the utilities room at the Combat Training Pool to patch a simulated leak in a chlorine tank for a Hazardous Material (HAZMAT) exercise on Wednesday. The leak was attributed to damage Tuesday night from simulated Hurricane Zeus during HURREX 2012/Citadel Gale. A fog machine created the vaporized chlorine effect.

Greg Kohlweiss/U.S. Navy photo



NAVSTA marks the Holocaust

A survivor of Nazi Germany's reign of terror speaks at Naval Station Newport's observance of Holocaust: Days of Remembrance.

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NHCNE gets new skipper

Naval Health Clinic New England welcomes its new commanding officer, Capt. Tina Davidson, most recently from Naval Health Clinic Annapolis.

—Page 2



OTCN salutes top instructor

A senior chief at Officer Training Command Newport is in the running for NETC Senior Enlisted Instructor of the Year for 2011.

—Page 4

'Kristallnacht' vivid memory

By **BOB KREKORIAN**

NAVSTA Public Affairs Staff

Holocaust survivor Ruth Oppenheim, 85, of Barrington, R.I., still has difficulty talking about her childhood experiences living in Germany in 1938.

Speaking on April 19 at Naval Station Newport's observance of the Holocaust Days of Remembrance in the Naval Justice School auditorium, Oppenheim acknowledged she is a member of a dying generation.

On the night of Nov. 9, 1938, a mob of German citizenry and Nazi storm-troopers pounded on the front door of her family's house in the northern town of Werne, Germany, demanding the removal of her father because he was a Jew. The mob was told not to harm Jewish women and children.

A coordinated series of attacks on Jewish synagogues, businesses and homes throughout Germany and Austria that night came to be known as "Kristallnacht, the Night of Broken Glass." In a single night, and a few hours into the next day, 1,000 synagogues were burned. Over 7,000 Jewish businesses were destroyed or damaged.

"After 74 years, it is still emotional for me," Oppenheim said speaking about that night. "It was a night that ended my childhood," she said.

Oppenheim said she was barely awake when she saw her father being taken out of his house by the mob. From an upstairs landing, she watched with the family in horror, crying and screaming.

"We huddled in bed and prayed that father would come back alive. This childhood memory remains with me," Oppenheim said solemnly. "We heard a



Greg Kohlweiss/U.S. Navy photo

HOLOCAUST REMEMBRANCE — Mrs. Ruth Oppenheim speaks at Naval Station Newport's observance of Holocaust Days of Remembrance at the Naval Justice School auditorium April 19. Listening, right, is Cmdr. Greg Smith, Executive Officer, NJS.

shuffling noise outside the bedroom." Her father, a leader of the local Jewish congregation returned bloodied and carrying the synagogue's Torah.

"My father had fared well that night. Another man was thrown from a roof; another lost an eye," she said.

Later, the mob re-entered their home and overturned furniture. "The devastation was overwhelming. Even our family photo album was destroyed," she said.

The attacks left the streets covered with broken glass from the Jewish-owned stores, buildings, and synagogues.

HOLOCAUST, Page 14

New CO takes helm at NHCNE

By **KATHY MacKNIGHT**

NHCNE Public Affairs Office



Capt. Davidson

Naval Health Clinic New England (NHCNE) welcomed its new commanding officer, Capt. Tina A. Davidson, Nurse Corps, last Tuesday. Davidson comes to Newport from Naval Health Clinic Annapolis where she was the executive officer.

Originally from St. Louis, Mo., Davidson was graduated from St. Louis University School of Nursing in 1984. She was commissioned as an ensign in 1986 and she reported to her first duty station, Naval Hospital San Diego.

More recently in her career from July 2004 to February 2005 she deployed to Kuwait as the director of nursing, Expeditionary Medical Facility Portsmouth-Bravo Detachment. She assumed responsibilities as the officer-in-charge of Adm. Joel T. Boone, Branch Health Clinic Little Creek, Va., in 2006. In 2007 she reported to U.S. Fleet Forces Command as the first fleet nurse; and in June 2010 she reported

onboard as executive officer at Naval Health Clinic Annapolis.

Davidson's advanced degrees include a master of science in medical surgical nursing with a focus in nursing administration and a master's in health service management. Last June she earned a doctor of nursing practice degree, and last September she earned board certification as a Nurse Executive, Advanced (NEA-BC).

Naval Health Clinic New England provides medical care to more than 70,000 beneficiaries. The command headquarters is located in Newport, with branch clinics in Groton, Conn.; Portsmouth, N.H.; and Saratoga Springs, N.Y.

Army Reservists welcomed home

NAVSTA Public affairs Office

Thirty-two members of Bravo Company, 443rd Civil Affairs Battalion, U.S. Army Reserve, were surrounded by family, friends and colleagues on April 14 at the Sgt. Michael Paranzino U.S. Army Reserve Center, Naval Station Newport, after a one-year deployment to Afghanistan.

The Reservists actually returned to the United States on April 4 at Ft. Dix, N.J., but homecoming ceremonies with awards were held April 14.

The mobilization began on April 12, 2011, with sev-

eral days at home station to pack and make final preparations. By May 29, the training was complete, bags were packed, and that evening Bravo Company boarded a plane at McGuire AFB for its first destination, Manas, Kyrgyzstan, then on to Bagram Air Base, Afghanistan.

At the start of the tour, Bravo Company was spread out over three Afghan provinces with 10 remote teams. By June 13, the company assumed responsibility of the Civil Military Operations mission covering two provinces within Regional Command-East,

Afghanistan.

Bravo Company supported the 3rd Brigade, 1st Armor Division and the U.S. Army's historic 10th Mountain Division during their time on the ground. The company expanded its footprint throughout the area of operations, continually building collaborative relationships with other organizations, to include the Department of State, USAID, the Georgia Agricultural Development Team and the Army Corps of Engineers.

Its soldiers have demonstrated flexibility and resiliency, as several teams

have moved to accommodate the changes in the battlefield.

At the midpoint of their tour, Bravo Company troops had earned three Purple Hearts, two recommendations for Bronze Star Medals for Valor, and several Army Commendation Medals for Valor. Their tour has been and still is looked upon as one of historic precedence of valor. Bravo Company is now the most decorated civil affairs company in its battalion.

The 443rd Civil Affairs Battalion is based at NAVSTA at the Paranzino U.S. Army Reserve Center.

Navalog

Capt. Douglas Mikatarian

Commanding Officer, Naval Station Newport

Lisa Rama

NAVSTA Public Affairs Officer

Greg Kohlweiss

NAVSTA Public Affairs Staff

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NAVSTA Public Affairs Staff

Richard Alexander

NAVALOG Editor

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The Newport Navallog is printed on recycled paper.



Bob Krekorian/U.S. Navy photo

Capt. Neil Parrott, second left, Commanding Officer, Surface Warfare Officers School Command, greets the contingent of students and adult staff from the North Country Union High School Army Junior Reserve Officer Training Command (JROTC) unit, Newport, Vt., who visited the Surface Warfare Officers School, April 18.

26 Army JROTC cadets visit NAVSTA

Twenty-six students from the North Country Union High School's Army JROTC in Newport, Vt., visited Naval Station Newport last week during their spring vacation.

The students visited the Surface Warfare Officers School for a hands-on orientation in the Full Mission Bridge (FMB) simulator,

and Conning Officer Virtual Environment (COVE) trainer.

"I'm a kinesthetic learner, a hands-on learner, so this was a good environment," said Cadet Staff Sgt. Christine Deslandes, a high school junior.

Several students worked the controls on the Rigid Inflatable Boat (RIB) trainer

wearing a helmet that created a 360-degree virtual environment.

"The Navy is definitely something to consider as a career," said Cadet Pvt. 1st Class Brian Bilodeau, a freshman. "The simulators were very interesting," he said.

"The SWOS orientation offered a lot of insight in

how to operate a ship and the various specialties in surface warfare" said Cadet Pvt. 1st Class Jordan Cheney, a freshman.

"We've visited Naval Station Newport since 1998, but this visit has been the best trip for our cadets," said Command Sgt. Maj. Allan Lane.

Obama nominates Middletown native

WASHINGTON — Lt. Gen. Michael T. Flynn, a native of Middletown, R.I., and an intelligence insider over his 30-year career in Army intelligence, was nominated by President Barack Obama to be the next Director of the Defense Intelligence Agency (DIA). Primarily responsible for providing data on foreign militaries, DIA is part of the Department of Defense.



Flynn

Born in 1959, Flynn is one of nine children of Helen and Charles Flynn, and graduated from Middletown High School in 1977.

Flynn earned a bachelor's in management at the University of Rhode Island, where he participated in the ROTC program, in 1981.

Commissioned an Army second lieutenant in 1981, Flynn became an intelligence officer, platoon leader, and then instructor in his early days.

More recently he was the director of intelligence, U.S. Central Command from June 2007 to July 2008, and director of intelligence, Joint Staff from July 2008 to June 2009. Flynn assumed duties as the Chief, CJ2, International Security Assistance Force, with the additional appointment as the CJ2, US Forces-Afghanistan on June 15, 2009. As such, he was NATO's director of military intelligence.

Since last September, Flynn has been assistant director of national intelligence for partner engagement at the Office of the Director of National Intelligence in Washington, D.C.

Flynn is married and has two sons.

War of 1812 commemoration begins

Commander, U.S. Fleet Forces Command Public Affairs

WASHINGTON — The U.S. Navy this month launched ceremonies to commemorate the bicentennial of the War of 1812 and "The Star Spangled Banner." Events will take place at historic sites across the nation, including Newport, R.I., which will host

the Ocean State Tall Ships Festival, July 6 to 9.

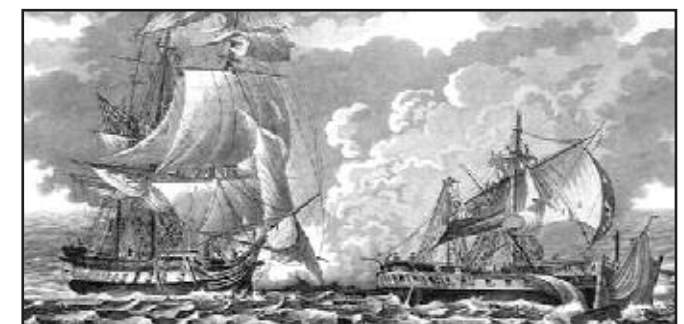
The Navy first demonstrated itself as a force to be reckoned with during the War of 1812.

"For 236 years, the Navy has gone from sail, to steam, to nuclear. From the USS Constitution to the USS Carl Vinson, our maritime warriors have upheld

a proud heritage, protected our nation, projected our power and protected our freedom of the seas," said Secretary of the Navy Ray Mabus. "Not just for ourselves, but for all nations who travel the oceans of the world."

The Navy began its four-year commemoration last March 13 with a ceremonial

kick-off by the Secretary of the Navy at the Library of Congress. A series of public events will continue in additional cities across the nation this year, featuring Sailors and Marines, U.S. Navy and international warships, the Navy's Blue Angels Flight Demonstration Team, as well as equipment and static displays.



Library of Congress Archives

The frigate USS Constitution or 'old Ironsides,' left, fires on a British man-o-war in this historic print.

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Bravo zulu

OTCN senior chief in running for 2011 Instructor of Year

By LT.J.G. JASON GILMORE

Operations Department, OTCN

Senior Chief Aviation Machinist's Mate (AW) David Soucy of Officer Training Command Newport was selected as a finalist for the Naval Education Training Command (NETC) Senior Enlisted Instructor of the Year for 2011. He will now head to Washington D.C. for the



Lt. J.G. Jason Gilmore/U.S. Navy photo ADCS (AW) David Soucy inspects Officer Training Command Newport students in King Hall, Naval Station Newport.

personally trained four classes, thereby superbly preparing 212 naval officers to lead Sailors in the U.S. Fleet.

Soucy said the the most rewarding aspect has been seeing the impact he has had and working with the com-SOU, Page 14

Instructor of the Year Recognition Week to be held June 18-21.

The final announcement of the Instructor of the Year will take place at the Navy Memorial on June 21.

As the lead Recruit Division Commander, he supervises 13 recruit division commanders and 10 Marine Corps drill instructors and ensures the highest quality training of more than 3,000 Officer accession students in four training programs. He personally



John Smith, right, Center for Service Support employee, receives a Certificate of Excellence from Capt. Dana Weiner during an awards ceremony April 11. More than 300 staff and faculty members from Newport to Norfolk, from San Diego to Meridian, Miss, support the CSS mission by providing knowledge and expertise for all Sailors in the administration, logistics and media communities,



MCCS Joel Huval/U.S. Navy photo

Gary McGowan, deputy director of Training and Operations for the Center for Service Support (CSS), waves his certificate for 20 years of government service presented by Capt. Dana Weiner, CSS Commanding Officer, during an awards ceremony April 11. CSS provides Sailors in the administration, logistics and media communities with the knowledge and skills to support the Fleet's war-fighting mission.

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Bravo zulu



AID TO NMCRS—Pat Drislane, second left, director of the Navy-Marine Corps Relief Society, accepts a donation of \$500 from Pat McGue, chairman of Newport Navy Choristers, that was raised at the Choristers' concert, Music for a Sunday Afternoon, at St. Barnabas Church in Portsmouth last month. Since 1988, Choristers' concerts have raised \$19,000 for NMCRS. Looking on are Kristen Swenson, left, volunteer caseworker, NMCRS Newport; and Luz Riley, right, volunteer client services assistant, NMCRS Newport.



USCG photo

Food Service Specialist 2nd Class Jeffrey Mahar, left, of the Coast Guard cutter Willow (WLB 202), who was selected Sailor of the Quarter for January to March 2012 by the Newport County Council Navy League, receives his plaque from President Anne Huot at the ship at Pier 2, Naval Station Newport on April 11. Looking on is the Willow's commanding officer, Cmdr. Brian Donahue.

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WEDNESDAYS 8PM

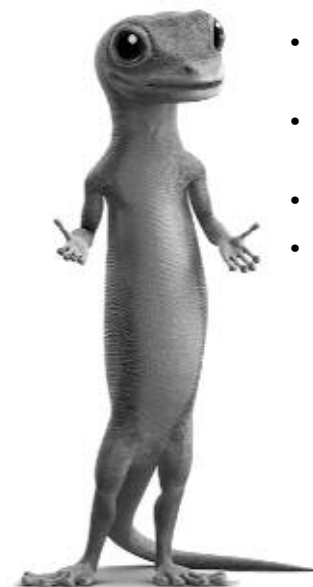
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Announcements

Expired drugs collected

The Newport Police Department will conduct its fourth annual Prescription Drug Take Back event at the Newport Police Station on Broadway on Saturday, April 28, from 10 a.m. to 2 p.m. The service is free and anonymous. No questions asked. Call Sgt. A. Chauvin at 845-5770, or email, achauvin@cityofnewport.com for information.

The Middletown Police Department is also holding a Drug Take Back at the Middletown Police Station on Valley Road tomorrow from 10 a.m. to 2 p.m.

IDs for ODS students only

On the following days and times, Naval Station Newport ID Card Section of Personnel Support Detachment Newport in Building 690 will serve Officer Development School (ODS) students only:

May 1, from 3 to 4 p.m., and May 3, from 3 to 4 p.m.

To make an ID card appointment go to: <https://rapids-appointments.dmdc.osd.mil> or call 841-3021 for information.

Choristers concert in May

MIDDLETOWN — The Newport Navy Choristers, under the direction of JoAnn Loewenthal, will present "Proudly We Sing" on Friday, May 11, at 7:30 p.m., at St. Lucy's Church, 909 West Main Road.

The Middletown Senior Center, at 650 Green End Ave., has been selected as sponsors for the concert.

Concert tickets are \$10 for adults, and \$8 for senior citizens and children, age 12 and under. Tickets can be purchased by calling the Senior Center at 849-8823, from any Chorister member, or at the door or go to www.newportnavychoristers.org.

Chapel service in Kay Hall

Chapel of Hope services will relocate to Kay Hall this Sunday, April 29, because of renovations in the chapel.

Note: A Protestant liturgical service will be held at 7:45 a.m. and officiated by Chaplain (Cmdr.) Carl Trost. This service will be structured to meet the religious needs of those from Lutheran, Episcopal, and other denominations.

The 10:30 a.m. worship service will remain a general Protestant service officiated by Chaplain (Lt.) Jonathan M. Henderson. Call 841-2234 for information.

SNA Golf Tournament

PORTSMOUTH — The Newport Chapter of the Surface Navy Association (SNA) will hold its ninth annual Spring Golf Tournament at the Green Valley Country Club on June 13, with a shotgun start at 8:30 a.m.

The fee is \$63 per player. Deadline for registration is June 8.

Contact Lt. Jeff Ward at 841-4027, or email snanewportgolf@gmail.com. Registration is limited to 36 foursomes.

Learn to sail Navy

The Morale, Welfare and Recreation (MWR) Marina at Naval Station Newport is



Greg Kohlweiss/U.S. Navy photo

CHILL FACTOR — Annette Wright, second left, of North Kingstown, and her daughter, Amy Swanson, pose with their Kenmore 14.9 cubic foot energy efficient freezer valued at \$375 they won in a drawing at the Newport Commissary on April 13 in recognition of Frozen Food Month. At right is Steven Furtado, assistant store director.

offering classes for its 2012 sail training season beginning on Monday, May 7.

Students can qualify to sail a Rhodes 19 over a two-week period. Week 1 is ground school on Monday, Tuesday and Thursday evenings; and week 2 is the on-the-water portion of the class on Saturday morning, and Monday, Tuesday and Thursday evening.

Classes start every two weeks and fees are based on rate/rank. Register at the MWR Marina Office which opens for the season on Tuesday, May 1, or call 841-3283.

NAVSTA fire safety warning

The Naval Station Newport Fire Prevention Office would like to remind personnel that even though we recently received some much needed rain, the area remains in a drought. Some tips:

—Always dispose of cigarettes and other smoking materials in an appropriate container.

—Do not discard cigarettes from moving vehicles, use ashtrays.

—Cook safely outdoors and never leave barbecue grills unattended.



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Special events

Service for Marine KIA

PROVIDENCE — A memorial service in honor of Marine Corps Lance Cpl. Abraham Tarwoe, a resident of Providence and native of Liberia who was killed in action April 12 during combat operations in Helmand province, Afghanistan, will be held at the Trinity United Methodist Church, 375 Broad St., Saturday, April 28 at 11 a.m.

Tarwoe was assigned to the 2nd Battalion, 9th Marine Regiment, 2nd Marine division, II Marine Expeditionary Force.

Time to tee-off with MWR

The first Morale, Welfare and Recreation (MWR) Golf Tournament will be Thursday, May 10, at the Newport National Golf Club. Check-in is at 7 a.m. with a shotgun start at 8 a.m.

The cost is \$50 per eligible patron (active duty personnel, retirees, family members, reservists and DoD employees) and \$75 for eligible guests.

Price includes green fees, golf cart (course condition permitting) and food. The deadline for registering is Thursday, May 3.

IDs will be checked at registration as well as tournament day. Register at Gym 109 or for more information; call Greg O'Shea at 841-3420.

Celebrate Cinco de Mayo

On Friday and Saturday, May 4 and 5, authorized patrons are invited to celebrate Cinco de Mayo at the Officers' Club with Mexican specials all day. On Tuesday, May 8, enjoy empanada specials all day at the club in celebration of National Empanada Day.

Celebrate mom's big day

Celebrate mom and all she does with a bountiful brunch at the Officers' Club on Mother's Day, May 13. Tickets are \$28.75 for adults, \$13.50 for children (age 8 to 12), \$8.50 for children (age 4 to 7) and free for children 3 and under, but a ticket is still required.

Tickets may be purchased at the ITT Office, Building 1255 Wednesday through Friday 10 a.m. to 6 p.m.

For more information, call 841-3116.

Rubber ducks to race

WESTERLY — The 14th annual

Pawcatuck River Duck Race in downtown Westerly, on the Rhode Island and Connecticut line, is Saturday, April 28, from 11 a.m. to 2:30 p.m.

This will be the 12th year Naval Station Newport Port Operations, Environmental and Naval Facilities Engineering Command (NAVFAC) Newport Base Services Vehicle and Equipment (BSV&E) personnel will support the event as a required spilled oil containment exercise.

Upcoming:

April 29 – 0001: Uniform shift to summer whites.

May 1 – Naval Station Newport Marina opens. Call 841-3283 for information.

May 2 – College Information Session in the Building 690 atrium, 10 a.m. to 2 p.m. Representatives from local area university and colleges expected to attend include Navy College, Roger Williams University, Coastline Community College, Salve Regina University, Southern Illinois University, Charter Oak State College, Community College of Rhode Island, Thomas A. Edison College, and Excelsior.

NAVSTA PPPO

Procedures announced for household shipping

The Joint Personal Property Shipping Office (JPPSO) in Chelmsford, Mass., has imposed the following summer surge procedures to all personal property processing offices (PPPOs) that come under their JPPSO for all household goods moves now scheduled.

This includes the Naval Station Newport Personal Property Processing Office (PPPO) in Building 690.

—All shipments require a three-week minimum for processing.

—All shipments require alternate dates.

—All shipments require emergency contacts (someone other than the member and spouse) that would know how to reach you (or spouse) during your move.

—Make sure you have an account in Defense Personal Property System (dps). You will need it.

—If you do not hear from your carrier (moving company) within 10 days prior to your move contact your PPPO immediately.

Following the above requirements are necessary to ensure quality service is provided, despite factors beyond the JPPSO's control.

WIN A NIGHT ON THE TOWN
courtesy of NewportRI.com and Island Moving Company!

Celebrate Mother's Day by treating Mom and 3 guests to an evening of great food, libations, and of course, a great performance.

Saturday, May 12, 2012
Each Night on the Town Package for 4 includes:

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- 4 Handful of Pearls performance tickets at the Casino Theater, 7:30 pm
- Prix-fixe dinner for 4 with the performers following the show at the Canfield House

Entries must be received by Monday, May 7th.

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Greg Kohlweiss/U.S. Navy photo

STEELWORKERS — From left, CS3 Justin Ellis, NAVSTA Quality of Life; MA1 Christian Allan, NAVSTA Security; and CS2 Richard Ebido, NAVSTA Quality of Life, remove pieces of construction pipe found along a fence line near Gate 17 during the annual Earth Day Base Cleanup at Naval Station Newport last week.



Greg Kohlweiss/U.S. Navy photo

CSCS (SW) Scott Spencer, left, and Bob McKenna, Center for Service Support (CSS) personnel, find some hefty debris along the shore at Coasters' harbor Island last week.

NAVSTA Cleanup bags 2,378 lbs

By **BOB KREKORIAN**
NAVSTA Public Affairs Staff

More than 733 active duty personnel and Department of Defense civilian employees at Naval Station (NAVSTA) Newport turned out last week for the annual Earth Day Base Cleanup of debris, litter, trash and recyclables.

The focus of this year's cleanup was the shoreline areas adjacent to Narragansett Bay. The cleanup ran daily, 8 a.m. to 1 p.m.

Available personnel from NAVSTA Newport departments and 12 tenant com-

mands were assigned areas of responsibility. The base was divided into three areas to ensure the entire installation received some attention: Coasters' Harbor Island, Coddington Point and Coddington Cove.

The result of the cleanup produced a total of 2,378 pounds of debris and litter. Recyclable material recovered included 1,120 pounds of wood; 221 pounds of bottles/cans/paper, and cardboard; and 500 pounds of scrap metal. Trash collected totaled 537 pounds.

CLEANUP, Page 9

Genie's Lounge
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Cleanup

Continued from Page 8

The total amount of recyclables recovered, 1,841 pounds, helped contribute to a 77 percent diversion rate to local landfills.

"Our annual base cleanup demonstrates that we can make a difference in showing our continued commitment to environmental stewardship," said Capt. Douglas Mikatarian, commanding officer, Naval Station Newport.

"By involving all possible NAVSTA departments and tenant commands, we achieved our goal of improving the base appearance and keeping our shoreline free of debris and litter."

The Naval Academy Preparatory School, 200 midshipman candidates started collecting debris on April 14.

Thirty Scouts and their adult chaperones from Boy Scout Troop 7, Middletown, and Boy Scout Troop 4,



MC2 Eric Dietrich/U.S. Navy photo

Steelworker 1st Class Mike Barbee, Naval War College Facilities Department, clutches a handful of debris.

Riverside, R.I., visited NAVSTA last weekend for an overnight encampment that included a litter and debris clean up at MWR's Carr Point Recreation Area.

Concurrently, Sailors from the Naval War College (NWC) celebrated Earth Day early when they participated in the NWC's annual Earth Day Campus Cleanup on April 17.

The cleanup, sponsored by the NWC's First Class Petty Officer Association, covered the area from the entrance of the NWC campus to Evans Hall, with a large focus on the campus waterline. Participants

cleaned the grounds of trash, ranging from discarded cigarette butts and plastic bags to large debris and scrap lumber that had washed up on the shore in the bay area.

"The overall goal of the base is to come together and have each of the commands do their part to cleanup and do our part for the environment," said Chief

Naval Aircrewman Operator John Lovendale, the senior enlisted leader for the NWC. "By removing the trash from the surrounding area, we're keeping it from remaining in the environment, something which could have stayed in the surrounding area for a long time."

A dozen NWC personnel participated in the event and they collected approximately 10 garbage bags of trash.

(Jacob Fisher, NWC Public Affairs, contributed to this article.)



MC2 Eric Dietrich/U.S. Navy photo

SAILORS from the Naval War College (NWC) look for trash on the beach in front of Luce Hall, Coasters' Harbor Island, during the Earth Day 2012 Campus Cleanup last week. NWC's First Class Petty Officer Association sponsored the annual cleanup.

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 Preventing Diabetes and Monitor. 1-2:30 p.m.
 May 2: Diabetes Support Group, 9-10 a.m.
 Tobacco Cessation Week 1, noon-1 p.m.
 May 3: Healthy Heart, 3-4 p.m.
 May 4: Eat Smart, 9-10 a.m.
 May 7: Advanced Diabetes Meal Planning, 10-11 a.m.
 May 9: Tobacco Cessation Week 2, noon-1 p.m.
 Tobacco Cessation Week 1, 5-6:30 p.m.
 May 16: Tobacco Cessation Week 3, noon-1 p.m.
 Tobacco Cessation Week 2, 5-6 p.m.
 May 17: Preventing Diabetes & Monitor, 11 a.m.-12:30 p.m.
 May 22: Diabetes Nutrition, noon-1 p.m.
 May 23: Tobacco Cessation Week 4, noon-1 p.m.
 Tobacco Cessation Week 3, 5-6 p.m.
 May 24: Eat Smart, 10-11 a.m.
 Healthy Heart, 11:30 a.m.-12:30 p.m.
 May 30: Tobacco Cessation Week 4, 5-6 p.m.
 May 31: Tobacco Cessation 3 Hour, 9 a.m.-noon

Naval Health Clinic New England

Nicotine gum and patches free for federal employees

By **KATHY MacKNIGHT**
 NHCNE Public Affairs Officer

Beginning Tuesday, May 1, federal service employees at Naval Station Newport will be eligible for free products at Naval Health Clinic New England (NHCNE) pharmacies to help quit tobacco use. Over-the-counter nicotine replacement gum and patches have been approved by the U.S. Office of Personnel Management (OPM) as part of the Navy smoking cessation initiative and there is no charge for the gum and patch, and no prescription needed.

Tobacco use has been identified as the leading cause of death and disabili-

ty in this country for years. Programs designed to help employees stop using tobacco are not only in the best health interests of those federal employees who are tobacco users, data from the Centers for Disease Control and Prevention (CDC) indicate that tobacco cessation may also contribute to improved organizational performance and productivity.

NHCNE-wide efforts have been implemented to remove barriers to tobacco cessation aids and medications.

Patients and federal employees now have the opportunity to self-refer to the pharmacy for over the counter tobacco cessation

therapies. This allows the person to pick the moment when he/she wants to quit. The nicotine 2 mg gum and the nicotine 21 mg, 14 mg, and 7 mg patch are available without a prescription.

There is a short patient screening regarding proper product selection, administration, and use techniques for the two week supply of the nicotine product. To help promote patient adherence and to identify any possible safety concerns, a NHCNE staff member will contact the product user a week from the start date.

Patients can then return to the pharmacy for continuation of the treatment products.

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Sponsor training welcomes spouses

EDITOR'S NOTE: Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283.

Sponsor Training will be held at the Fleet and Family Support Center on Tuesday, May 1, from 9:30 to 10:30 a.m.

This training is a valuable tool for individuals who will act as sponsors or department representatives selecting sponsors. Because the military spouse also plays such a vital role in the Sponsor Program, all spouses are invited and encouraged to participate.

Call to register.

Here are some upcoming seminars and workshops:

Ombudsman Assembly meeting — This meeting is scheduled for Tuesday, May 1, from 6-8 p.m., at Naval Health Clinic New England. Ombudsman participation is required and CST sup-

port is requested.

For additional information or to register for this meeting, 841-6923.

Stress: Unwind Your Clock — May 2, 8 a.m. to noon.

Develop Your Spending Plan — May 8, 2 to 4 p.m. Call for more information or to register.

Disaster Preparedness for Families—The Fleet and Family Support Center will hold a class on disaster preparedness for families on May 10, from 1 to 2:30 p.m. Call to register.

Ombudsman Basic Training — The Navy family ombudsman is a critical communication link between the commanding officer and family members. This workshop, scheduled for May 14-16, 9 a.m. to 4 p.m. Call for information or to register.



Kelly Conner/MWR
RIISING TO THE OCCASION — Eric Bulmer, right, from POW! Science shows about 30 kids how heat from stenos expands a trash bag and makes it rise during MWR's Spring School Vacation program in the Recreation Center, Building 656, on April 17. The hands-on fun was for 5 to 12-year-olds.

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Denim Day bears SAAM message at CSS

DoD sexual assault awareness borrowed from Italian protest

By CSS Public Affairs

Civilian and military personnel assigned to the Center for Service Support attended a scheduled training event in conjunction with Sexual Assault Awareness Month (SAAM) held at the center April 19, 2012.

Capt. Dana Weiner, CSS Commanding Officer, delivered the opening remarks for the event by stressing April's training is not a one-time evolution.

"This is not training that will only be revisited every April," Weiner said. "Rather, this is just one element of an ongoing and focused effort to stop this unacceptable behavior throughout the Navy and Department of Defense."

Weiner also stressed the critical role individuals play in eliminating sexual assaults.

"Quite often the people in the best position to identify unacceptable behavior

and intervene are not those of us in senior leadership positions," Weiner said. "Instead it is folks on the deckplates and in the work spaces who detect inappropriate behavior or actions that might lead to an incident of sexual assault. It is my hope and expectation that every CSS employee would immediately intervene in such a circumstance."

Many in attendance, even those who normally wear Navy uniforms, sported blue jeans for the event in recognition of Denim Day, a sexual violence prevention and education campaign to increase awareness about sexual violence.

Denim Day began as a demonstration by female parliamentarians in Italy protesting the Italian Supreme Court of Appeal's decision to overturn a convicted rapist's sentence.

Following Weiner's comments, attendees viewed a presentation which included a video produced by the Coalition of Sailors Against



MCCS Joel Huval/U.S. navy photo
Capt. Dana Weiner, left, Center for Service Support's commanding officer, delivers opening remarks for the second scheduled training for Sexual Assault Awareness Month (SAAM).

Destructive Decisions, and remarks from Master Chief Petty Officer of the Navy Rick West, before dividing up into breakout groups for additional discussion and training.

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SWOS emphasizes role of bystanders to halt sex assaults

LT. STEVE GONZALEZ
SWOS Public Affairs Officer

Surface Warfare Officers School (SWOS) held a sexual harassment and assault training stand-down for civilian and military personnel April 20 as part of the Navy's Sexual Assault Awareness Month (SAAM) campaign.

The annual training was designed to educate personnel on sexual harassment and sexual assault issues and to raise awareness about prevention throughout the command. Cmdr. Ty Britt, executive officer, talked about the Navy's Sexual Assault Prevention and Response program, and how as active bystanders, Sailors have the power to stop assaults from

occurring and to get help for people who have been victimized.

"We want all Sailors to understand that sexual assault is a crime, and we need Sailors to do their part to prevent sexual assaults. Sexual assaults have no place in our Navy," said Britt. "That is why we need them to be active and help us reduce the number of sexual assaults around the fleet. Bystander intervention can make a difference."

Gretchen Woodard, SWOS's Administrative Director, provided detailed instruction on how to recognize inappropriate, coercive and harassing behavior and when to intervene, before a behavior moves further toward sexual violence.

SWOS, Page 14



Mark Donahue/U.S. Navy photo

Naval Station Newport's Sexual Assault Response Coordinator (SARC) Allison Agwello addresses the Naval Academy Prep School Battalion and staff/faculty on the critical importance of sexual assault awareness and prevention as part of the NAPS Sexual Assault Awareness Month (SAAM) standdown. More than 250 midshipman candidates attended the standdown April 20 in Beirut Memorial Hall, Building 1112.



Lt. Steve Gonzalez/U.S. Navy photo

Cmdr. Ty Britt, right, Executive Officer, Surface Warfare Officers School, discusses bystander intervention with SWOS staff and students at Adm. Michael Mullen Auditorium, Weakley Hall, last week.

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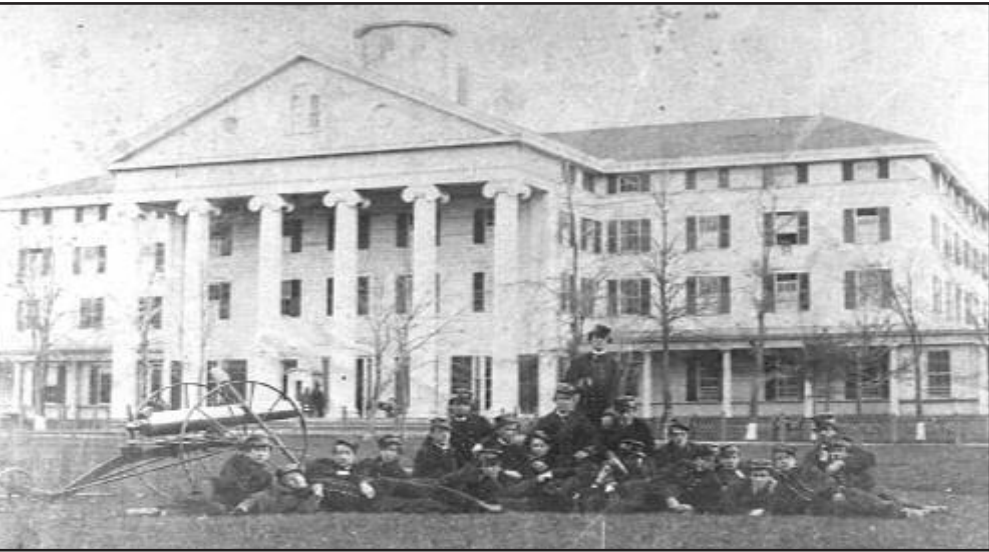
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The Aft Lookout




NWC Museum Archives photo

With the beginning of the Civil War in 1861, the decision was made to move the U.S. Naval Academy to Newport where it leased the Atlantic Hotel shown here on Bellevue Avenue at Pelham Street. On May 8, 1861, the frigate USS Constitution arrived with 156 midshipmen and a few days later, the senior class (Class of 1861) was graduated and the next two classes (Classes of 1862 and 1863) were ordered into active service. The Class of 1864 was divided into two classes (graduating in May and September of 1863). The class that entered in 1861 was also split in two classes, one graduating in November 1864 and the other in October 1865. Atlantic Hotel was demolished in 1877, and Parkgate was built on the site in 1879. It was purchased by the Newport Lodge of Elks in 1920.

Soucy

Continued from Page 4

mand’s exceptional staff. “Having a direct influence on the future of the Navy is the highest honor a Naval Instructor can acquire,” he said. “Every day, the Officer Training Command Newport staff work extremely hard to ensure the highest caliber of Naval Officers are ready for world assignment. I am exceptionally lucky to be inspired by the outstanding instructors at OTCN, and by knowing my instructing influence has significant impact on the future leadership of the Navy.” Senior Chief Soucy reported to OTCN in February 2009. He is married with four children and lives in Jamestown.

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POOL 307	CLOSED	6-8 a.m., 10:30 a.m.-1:30 p.m., 3-6 p.m., HOLIDAYS CLOSED	6-8 a.m., 10:30 a.m.-1:30 p.m., 3-6 p.m.	6-8 a.m., 10:30 a.m.-1:30 p.m., 3-6 p.m.	6-8 a.m., 10:30 a.m.-1:30 p.m., 3-6 p.m.	10:30 a.m.-1:30 p.m., 3-6 p.m.	8 a.m.-1 p.m.
BOWLING CENTER	1-8 p.m.	11 a.m.-8 p.m. HOLIDAYS 12-6	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-10 p.m.	1-11 p.m.
LIBERTY CENTER	12-8 p.m.	4-8 p.m. HOLIDAYS 12-6	4-8 p.m.	4-8 p.m.	4-8 p.m.	4-10 p.m.	12-10 p.m.

SWOS

Continued from Page 13

“Everyone has a responsibility in protecting their shipmates from sexual harassment and assault,” said Woodard. “The training provided will provide our Sailors with the tools to intervene in a circumstance that could lead to sexual violence without escalating the situation.” Sexual assault prevention and response is an important element of the readiness for the fleet. The Department of the Navy is working aggressively to prevent sexual assaults through education and awareness campaigns such as the one held at SWOS. In addition to training, the Navy seeks to support sexual assault victims and to hold individuals accountable. “Events like these help to bring this issue into the spotlight. Every day at least one of our Navy shipmates becomes a victim of sexual assault,” said Capt. Neil Parrott, SWOS Commanding Officer. “As a command, we support the Navy’s message and will not tolerate sexual assault. Prevention is everyone’s duty. We must look out for each other and prevent harm.”

Holocaust

Continued from Page 2

“There are people who deny that happened,” Oppenheim said. Despite her age, Oppenheim recalled some of her most vivid experiences in elementary school as an 11-year-old who, because of her Jewish heritage, was looked upon as a dirty Jew. She was the only Jewish student in her class. “I felt all eyes were upon me in the school yard,” Oppenheim said. “I was always by myself,” she said. No one was allowed to talk to her or play with her. The northern towns of Germany didn’t feel the impact of Nazi activity, unlike southern Germany. Oppenheim said her family was one of 10 Jewish families in the town of Werne; the remainder of the townspeople were Catholic. Her family’s descendants in the town dated back to 1784. Oppenheim’s older sister, age 15, left Germany first in May 1939 followed by her father in August 1939. Oppenheim escaped Germany in January 1940 by gaining passage aboard a passenger ship of the Holland America Line from Rotterdam, Holland to Southampton. Her father, who was a soldier in World War I for his homeland Germany, recommended that it would be safer for the family of six to leave Germany separately. “We felt abandoned in a world that didn’t want us,” Oppenheim said. Oppenheim said she speaks to other groups. In response to questions from audience members attending the observance, Oppenheim said it is important to provide young people with a sense of history.

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